



Isaiah 40:25–31 reminds us that life with God is not about relying on our own strength but learning to place our hope in the Lord. In this passage, Isaiah speaks to weary people who felt exhausted, discouraged, and uncertain about the future. God responds by reminding His people of His greatness, holiness, and everlasting power. While human strength eventually fades, God never grows weary and He promises renewed strength to those who trust Him. This passage also reminds us that much of the Christian life is not lived in dramatic moments of “soaring,” but in everyday faithfulness as we continue walking with the Lord. As you discuss these questions, be honest about where you feel tired, discouraged, or tempted to rely on yourself instead of God.

1. The sermon started by sharing about Natalie Grabow completing the Ironman World Championship at 80 years old. What is something you’ve done (physically, spiritually, relationally, etc.) that required endurance or perseverance?
2. Read **Isaiah 40:25–26**. Why do you think God begins this section by reminding His people of His greatness and holiness? How does remembering who God is help us when life feels overwhelming? (see: Psalm 19:1, 147:4–5, and Job 38:31–33)
3. In **Isaiah 40:12–24** we read about the Holiness of God: vv. 12-14: God’s power and wisdom, vv. 15-17: God’s greatness, vv. 18-20: One True God, vv. 21-24: God’s supremacy. What part of God’s holiness stands out to you the most right now?
4. Read **Isaiah 40:27–28**. Israel complained that God had forgotten them. Have you ever gone through a season where you felt unseen, forgotten, or weary? What truths from this passage encourage you? (see: Psalm 121:1–4, Deuteronomy 31:6, and Hebrews 13:5)
5. The sermon emphasized that “God never grows weary.” Why is that truth so important for weary people to remember? How is God different from us in His strength, wisdom, and endurance? (read: Malachi 3:6, and James 1:17)
6. Read **Isaiah 40:29–31**. What do you think it practically means to “hope” or “wait” on the Lord? How is Biblical waiting different from passivity?
7. Which of the four promises from the sermon stands out to you most right now? God renews weary people, God lifts us above despair, God gives endurance for the journey, God sustains us for everyday faithfulness.
8. Close your time in prayer asking God to exchange exhaustion for endurance.